

1st TIP TEST

BASICS: _____

 SELF DEFENSE: _____

 SPARRING: _____

 DATE: _____

2nd TIP TEST

BASICS: _____

 SELF DEFENSE: _____

 FORM 1-2: _____

 SPARRING: _____

 DATE: _____

PURPLE BELT TEST

BASICS: _____

 SELF DEFENSE: _____

 FORM 1-3: _____

 SPARRING: _____

 COMMENTS: _____

 DATE: _____

Write a paragraph on FITNESS, what it means to you, and how you see your fitness level. Must be completed and *excepted* prior to PURPLE BELT test.

Date: _____

REQUIREMENTS FOR JR./TEEN PURPLE BELT

VERSION 4.0 5-24-11



NAME: _____

DATE: _____

BASICS

SELF DEFENSE

1st TIP

MANEUVERS

side step _____

crossover (f) _____

crossover (r) _____

STRIKES

hook punch _____

roundhouse

punch _____

STANCES

close kneel _____

wide kneel _____

KICKS

spinning side _____

spinning back _____

FITNESS

30 squats _____

15 Pushups _____

30 crunches _____

1st TIP

DIVIDED FURY (front high two-hand push)

THUNDERING HAMMER (step-thru right straight punch)

2nd TIP

EVADING THE STORM (step-thru right diagonal club)

GATHERING CLOUDS (step-thru right straight punch)

BELT

CIRCLING WING (rear two-hand choke: arms bent)

SLEEPER (step-thru right straight punch)

FORMS/SETS

2nd TIP

Form 1-2 mechanical _____ execution _____

BELT

Form 1-3 mechanical _____ execution _____

SPARRING

STRIKING

Combination 6

Jab-Cross-Jab-Lead Roundhouse Kick-Rear Roundhouse _____

Combination 7

Drag-Step-Lead roundhouse Kick-Jab-Cross _____

Combination 8

Step-thru Roundhouse Kick-Spinning Back Kick _____

GRAPPLING

Escapes

leg pass (guard) _____

Headlocks

arm triangle _____

Submissions

americana _____

kimura _____

Throws

body drop (tai otoshi) _____

back carry (osoi nage) _____

QUESTIONS

WHAT ARE THE TWO MAJOR COMPONENTS OF POWER? SPEED AND BODY MOMENTUM.

WHAT ARE THE THREE FORMS OF BODY MOMENTUM?

HORIZONTAL: USES THE DIMENSION OF DEPTH. IT IS THE SHIFTING OF THE WEIGHT OF THE BODY FORWARD OR REVERSE.

VERTICAL: USES THE DIMENSION OF HEIGHT. IT IS THE USE OF GRAVITY TO INCREASE POWER.

ROTATIONAL: USES THE DIMENSION OF WIDTH. THIS IS THE TWISTING FORCE THAT ENGAGES VARIOUS BODY PARTS AT DIFFERENT LEVELS AND TIME INTERVALS.

DEFINE "ECONOMY OF MOTION". AVOIDING WASTED ANGLES, AND THE MANAGEMENT OF STRENGTH IN OBTAINING THE MOST FOR YOUR EFFORT IN THE SHORTEST POSSIBLE TIME. EMPLOYS THE PRINCIPLE OF "POINT OF ORIGIN".

To hear is to doubt, to see is to be deceived, but to feel is to believe.

Senior Grandmaster Ed Parker